

Frieth School PSHE: LONG-TERM OVERVIEW

Autumn: Relationships			Spring: Living in the wider world			Summer: Health and Wellbeing			
	Families and friendships	Safe relationships	Respecting ourselves and others	Belonging to a community	Media literacy and digital resilience	Money and work	Physical health and Mental wellbeing	Growing and changing	Keeping safe
KS1 Year 1	Roles of different people; families; feeling cared for R1, R2, R3, R4, R5	Recognising privacy; staying safe; seeking permission R10, R13, R15, R16,R17	How behaviour affects others; being polite and respectful R21, R22	What rules are; caring for others' needs; looking after the environment L1, L2, L3	Using the internet and digital devices; communicating online L7, L2, L3	Strengths and interests; jobs in the community L7, L8	Keeping healthy; food and exercise, hygiene routines; sun safety H1, H2, H3, H5, H8, H9, H10	Recognising what makes them unique and special; feelings; managing when things go wrong H11, H12, H13, H14, H15, H21, H22, H23, H24	How rules and age restrictions help us; keeping safe online H28,H34
KS1 Year 2	Making friends; feeling lonely and getting help R6, R7, R8, R9, R24	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour R11, R12, R14, R18, R19, R20	Recognising things in common and differences; playing and working cooperatively; sharing Opinions R23, R24, R25	Belonging to a group; roles and responsibilities; being the same and different in the Community L2, L4, L5, L6	The internet in everyday life; online content and information L8, L9	What money is; needs and wants; looking after money L10, L11, L12, L13, L15	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help H4, H6, H7, H16, H 17, H 18, H19, H20	Growing older; naming body parts; moving class or year H20, H25, H26, H27	Safety in different environments; risk and safety at home; emergencies H29, H30, H31, H32, H33, H35, H36, H37
KS2 Year 3	What makes a family; features of family life R1, R6, R7, R8, R9	Personal boundaries; safely responding to others; the impact of hurtful Behaviour R19, R22, R24, R30	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite R30, R31	The value of rules and laws; rights, freedoms and responsibilities L1, L2, L3	How the internet is used; assessing information online L11, L12	Different jobs and skills; job stereotypes; setting personal goals L25, L26, L27, L30	Health choices and habits; what affects feelings; expressing feelings H1, H2, H3, H4, H6, H7, H17, H18, H19	Personal strengths and achievements; managing and reframing setbacks H27, H28, H29	Risks and hazards; safety in the local environment and unfamiliar places H38, H39, H40
KS2 Year 4	Positive friendships, including online R10, R11, R12, R13, R18	Responding to hurtful behaviour; managing confidentiality; recognising risks online R20, R23, R27, R28	Respecting differences and similarities; discussing difference sensitively R32, R33	What makes a community; shared responsibilities L4, L6, L7	How data is shared and used L13, L 14	Making decisions about money; using and keeping money safe L17, L19, L20, L21	Maintaining a balanced lifestyle; oral hygiene and dental care H2, H5, H11	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty H30, H31, H32, H34	Medicines and household products; drugs common to everyday life H10, H38, H40, H46
KS2 Year 5	Managing friendships and peer influence R14, R15, R16, R17, R18, R26	Physical contact and feeling safe R9, R25, R26, R27, R29	Responding respectfully to a wide range of people; recognising prejudice and discrimination R20,R21,R31, R33	Protecting the environment; compassion towards others L4, L5, L19	How information online is targeted; different media types, their role and impact L12, L14	Identifying job interests and aspirations; what influences career choices; workplace stereotypes L27, L28, L29, L31, L32	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies H8, H9, H10, H12	Personal identity; recognising individuality and different qualities; mental wellbeing H16, H25, H26, H27	Keeping safe in different situations, including responding in emergencies, first aid and FGM H38, H43, H44, H45
KS2 Year	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, including discussing	Valuing diversity; challenging discrimination and stereotypes	Evaluating media sources; sharing things online H37, L11, L13, L15, L16	Influences and attitudes to money; money and financial risks	What affects mental health and ways to take care of it; managing change,	Human reproduction and birth; increasing independence; managing	Keeping personal information safe; regulations and choices; drug use

	R1, R2, R3, R4, R5, R7	R26, R28, R29	topical issues R30, R34	L8, L9, L10, L21		L18, L22, L23, L24	loss and bereave- ment; managing time online H13, H14, H15, H20, H21, H22, H23, H24	transition H24, H33, H35, H36	and the law; drug use and the media H37, H42, H46, H47, H48, H49, H50
--	------------------------	---------------	----------------------------	------------------	--	--------------------	---	----------------------------------	--